



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

DATE: July 2, 2012

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SENIORS MORNING OUT PROGRAMS PLAN VARIETY OF ACTIVITIES IN JULY

HICKORY -- Participants in the Seniors Morning Out program of Catawba County will enjoy a wide variety of activities in the month of July, including a performance by an accordion player, an ice cream social, and a presentation on bee keeping.

There are five locations for the program throughout the county. Each site schedules its own activities, based on the interests of participants. Any county resident who is 60 or better is invited. However, you must pre-register at least 24 hours in advance of the day you wish to attend. The half-day programs include fun and informative activities followed by lunch. There is no charge to attend, although donations are accepted. The programs operate between 8:30 a.m. and 12:30 p.m., except for holidays. The programs will be closed on July 4 in observance of Independence Day.

West Hickory Seniors Morning Out is located at the Senior Citizens Center, 400 17th St. SW in Hickory. Participants will enjoy singing with Mable Gabor on Monday, July 9. Accordion player Dave Orlandi will perform on July 10. There will be a presentation on "Diabetes and Care for Your Feet" by Faith Medical on July 11. On July 12, participants will have free blood pressure checks, courtesy of Bayada, followed by singing with Sylvia Pope. On July 16, seniors will enjoy a presentation on Cooking with Judy Adams. On July 17, they will play the Horse Racing Game with Pinecrest Retirement Home. On July 19, the participants will go shopping at Walmart. On July 24, local artist Bill Presley will present a lesson on "Brushless Landscape Painting." On July 25, site manager Annie Williams will give a presentation on "You are Bacon Me Crazy," with little known bacon facts. The group will have a birthday party with music by The Country Band on July 26. They will participate in Vacation Bible School with First Presbyterian Church on July 27. On July 30, they will enjoy Line Dancing with Cecil Campbell. On July 31, the group will participate in Singing with Jessica Bertke. For more information, or to pre-register, contact site manager Annie Williams at 828-323-8746 between 8:30 a.m. and 12:30 p.m. Monday through Friday.

East Hickory SMO meets at Highland United Methodist Church, 1020 12th St. Place NE in Hickory. The group will enjoy an ice cream social provided by Brookdale Senior Living on Tuesday, July 3. They will hear the New Beginning Band perform on Friday, July 6. The seniors will participate in Dancercise on July 9, followed by bingo. On July 10, they will be entertained by Pickin' & Grinnin' Tommy Barnes. The Clontz Family will entertain on Friday, July 13. Bee Keeper Doug Vinson will talk about his hobby on July 16.

The group "John 3:16" will lead the seniors in a gospel sing-along on July 17. On July 31, Jim Phillips will lead a Sing Along. To pre-register, call Rita Pritchard at 828-320-5963.

The Newton Seniors Morning Out meets at First Presbyterian Church, 701 N. Main St., Newton. On July 10, the group will learn to crochet. On July 11, they will play bingo. On July 12, they will go shopping at Walmart. On July 17, author Bob Weaver will talk about his book and his life. On July 18, there will be a presentation on Grief and Loss by Hospice. On July 19, accordion player Dave Orlandi will play polkas. On July 24, the group will go bowling at Pin Station, followed by shopping at Honey's IGA. On July 25, they will hear a presentation on "Can You Believe Chocolate Is Good for You???" On July 26, they will hear from bee keeper Doug Vinson. On July 30, the Cornfield Cloggers will perform. On July 31, the seniors will learn to crochet or play Anagrams. For details, or to pre-register, call Robyn Curtis at 828-455-4133.

The Maiden Seniors Morning Out is held at the Maiden Community Center, 207 E. Klutz St., Maiden. On July 9, the group will hear a talk on "Fiber Does the Body Good!" followed by the "Survey Says Game." On July 10, the group will play bingo and enjoy a summer picnic. On July 11, the group will hear a talk on "Scams and Identity Theft" by the Maiden Police Department. On July 13, Miriam Powell will lead the group in exercise to music, followed by devotions by Pastor Bud Painter. On July 18, the group will hear a program on "Do Your Snacks Promote Digestive Health?" On July 19, the group will enjoy bingo and a picnic. The group will enjoy exercise, singing and a cooking class on July 20. On July 30, they will hear about "Benefits of Vitamin B." To register for any of these days, contact Loretta Hefner at 828-320-5966.

The Claremont Seniors Morning Out is located at Bethlehem United Methodist Church, 3214 Catawba St., Claremont. On Thursday, July 5, the group will hear a presentation on "Give Your Heart a Healthy Beat" by Glennie Daniels. The group will play Word Scramble and Trivia Game on July 9. On July 10, they will be treated to an Ice Cream Social by Brookdale Senior Living. On July 12, Glennie Daniels will present a program on "Give Your Heart a Healthy Beat." On July 13, there will be a dance performance by Amanda Munden and Friends. On July 16, the Clontz Family and Friends will sing. On July 17, the group will go shopping at Walmart. On July 23, the seniors will watch the movie "Joyful Music" while they snack on popcorn. On July 25, they will see a cooking demonstration on "Make a Healthy Salad" in honor of National Salad Week. On July 26, there will be a presentation on "Give Your Heart a Healthy Beat." On July 27, the group will enjoy a cookout at Claremont Park. On July 31, the group will hear a presentation by Mike Ham on "Making and Playing Dulcimers." To pre-register for any of these days, contact Wendy Thomas at 828-320-0434.

Seniors Morning Out is actively seeking volunteers who are willing to present a program at one or more of the SMO sites. Donations are also needed and can be made online at <https://www.velocitypayment.com/client/catawba/socialservices/index.htm>. For more information, go to <http://www.catawbacountync.gov/dss/adult/nutrition.asp> or call 828-695-5610. You can find out more about upcoming activities by "liking" the Meals on Wheels/Seniors Morning Out Facebook page at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County Social Services.

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